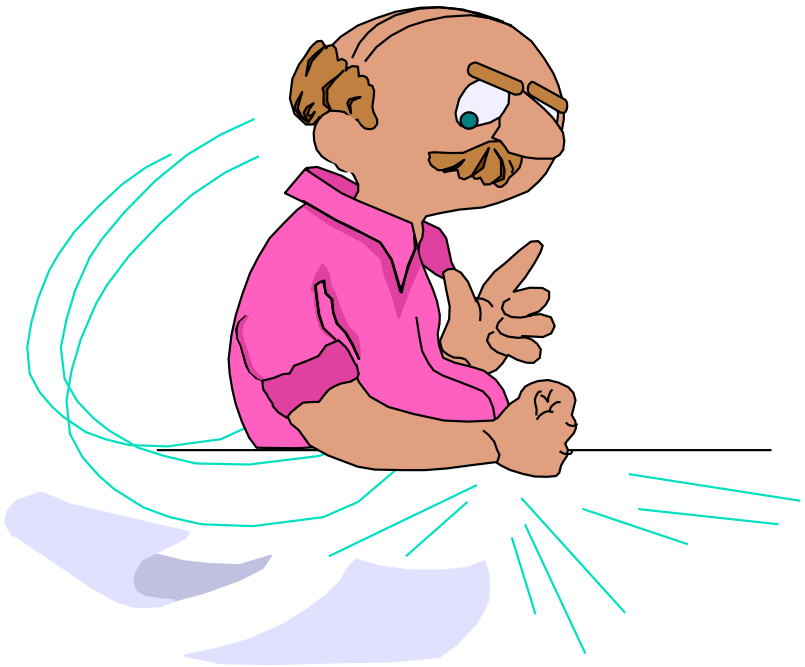
ANGER MANAGEMENT PROGRAM:

1. **Defining Anger**

2. **Exploring Our Anger**

3. **Building Effective Anger Management Skills**

4. **Summary and Evaluation**



DEFINITIONS:

Positive Functions of Anger

Anger is an *energizer.*

Anger can be helpful as a means of *expressing* tension

Anger gives us information about people and situations.

Anger can *potentate* a feeling of control.

Negative Functions of Anger

Anger can disrupt our thoughts and actions.

Sometimes anger is a way to defend ourselves when it is not necessary.

Anger can *instigate* or lead to aggression.

Anger can convey a negative impression to others.

ANGER LEVEL:

1-2-3	4-5-6	7-8-9-10
Bugged	Angry	Enraged
Irritated	Pissed-off	Furious
Annoyed	Mad	Exploding
Bothered	Agitated	

What’s Your Anger Style?

LOCK IT UP!

TURN IT LOOSE!

MANAGE IT!

ANGER INVENTORY

Everyone gets angry. Getting to know what

triggers your anger and how you react can

help you manage it in a positive way.

DIRTY FIGHTING TECHNIQUES

1. *Brown Bagging*
2. *Overgeneralizing*
3. *Cross-Complaining*
4. *Asking Why*
5. *Blaming*
6. *Not Listening, Dominating*
7. *Labeling*
8. *Mind-reading*
9. *Giving Advise*
10. *Getting Even*
11. *Fortune-telling*
12. *Being Sarcastic*
13. *Leaving*
14. *Using money*
15. *Using Children*

ANATOMY OF EMOTIONS

A

The Situation and Behavior

C

Your Feelings

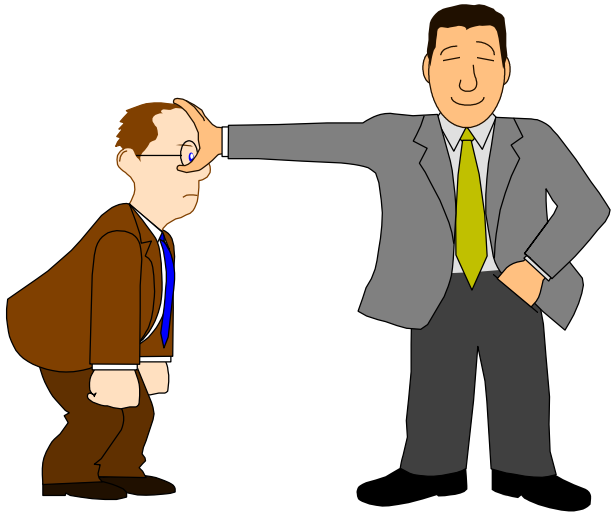
B

Your Belief System

BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS

FAMILY PATTERNS

PERSONAL RESPONSIBILITY, CONTROL AND POWER



BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS

Negotiation Steps

ESTABLISH A GOAL WHEN YOU ARGUE

STAY ON TARGET

TAKE RESPONSIBILITY FOR YOUR OWN ASSERTIONS

LISTEN FOR AREAS OF AGREEMENT

PARTICIPATE MUTUALLY IN FINDING A SOLUTION

BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS
SEVEN STEPS TO HEALTHY ANGER RELEASE

1. Recognize the anger you're feeling

2. Decide what made you angry

3. Give the "provoker" the benefit of the doubt

4. Count to ten--or practice some form of mental relaxation

5. Make your grievance known without attacking the other person

6. Listen

7. Forgive

BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS
RULES FOR FIGHTING FAIR

1. Identify the problem.
2. Focus on the problem.
3. Attack the problem, not the person.
4. Listen with an open mind.
5. Treat a person’s feelings with respect.
6. Take responsibility for your actions.

BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS
COOL DOWNS & TIME OUTS

DEFINITION: A time-out or cool-down is simply a tool to use to prevent you from doing or saying abusive things that you know you'll regret later.

COOL DOWNS & TIMES OUT (cont)
STEPS TO TAKE

1. Talk to your partner about cool-downs right away.
2. Let the person know that you will agree on a time either later that day

   or the next day to discuss the issue again.
3. Take a time-out or cool-down every time you think your anger is starting to climb.
4. Do not swear, raise you voice, threaten or use any intimidating behavior.
5. Go somewhere and try to relax and think positively about yourself.
6. When you come back, decide with your partner on a good time for discussion of the issue.

BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS

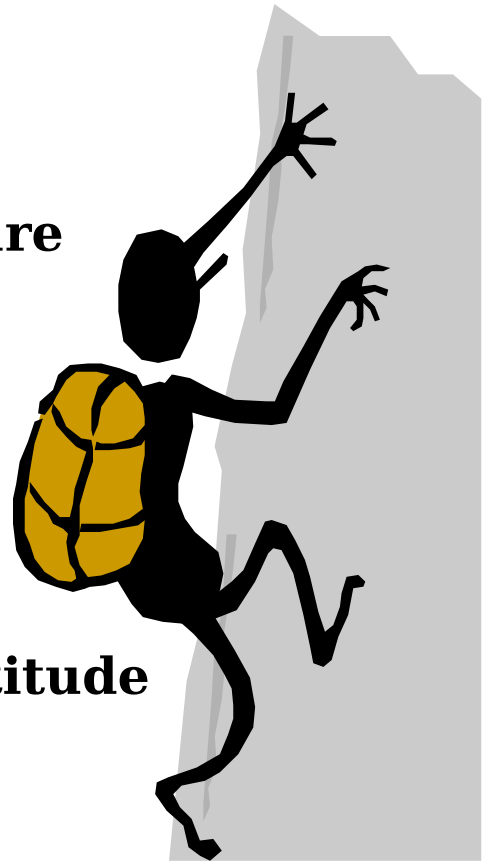
ASSERTIVENESS TRAINING

I think

I feel

I want

STRESS SKILLS ASSESSMENT



PERSONAL MANAGEMENT SKILLS
organizing your time/energy expenditure

RELATIONSHIP SKILLS
interacting with your environment

OUTLOOK SKILLS
changing your mind, choosing your attitude

SELF-CARE SKILLS
building your strength, stamina and outlets for tension